



PESTO
Quick Guide
1 c. greens
1/2 c. oil
1 clove garlic, peeled
1/4 c. nuts/seeds
1/4 c. Parmesan cheese

COOKING 101

PESTO

Ingredients

Classic pesto is made with Italian, 'Genovese' Basil

1 lightly-packed cup of basil, large stems removed
1/2 cup olive oil
1 garlic clove, peeled
salt, to taste
1/4 c. pine nuts, walnuts, or sunflower seeds, toasted
1/4 c. Parmesan cheese

Directions

In a blender or food processor, blend garlic. Next, add basil and coarsely chop. Slowly pour in olive oil. Transfer to a bowl and stir in remaining ingredients.

Variations

Substitute basil for other greens and herbs:

- arugula
- Thai basil
- brasing mix
- parsley
- radish tops
- dill
- garlic scapes
- carrot tops

"Pesto is my favorite sauce to make. I love the sensory experience of pounding it and smelling it and tasting it as I go. Pesto is more than a pasta sauce: it's delicious on sliced tomatoes, as a dipping sauce for vegetables, on a pizza or as a sauce for grilled chicken or vegetables."

-Alice Waters, The Art of Simple Food

